

Living the Ageful Life!

SUMMER 2023

GRAND

**Can you protect your
grandkids' cultural
heritage?**

**MEET THE GRANDMOTHER
COLLECTIVE**

How to celebrate
GRANDPARENTS' WEEK

BEAUTY –
Avoid these
makeup mistakes

BOOKS –
Don't ban 'em...read 'em



JUDY BLUME

Is blooming everywhere!

- Your grandkids' future starts in the kitchen
- 5 ways to help your parents in assisted living